

HOURS OF OPERATION

M-F 8 am-4:30 pm, Sa 10 am-4 pm

SPECIAL EVENTS

- **Osteoporosis Seminar—Health Care Partners**

Tuesday, October 3, 10 am-1 pm

- **AARP Driver Safety Class**

Tuesday/Thursday, October 10/12, 10 am-2 pm

- **Cooking Demo**

Thursday, October 12, 10:30-11:30 am

- **Freaky Friday Dinner Dance**

Friday, October 13, 5-9 pm

- **Low Vision Seminar & Screening—St. Mary's Medical Center**

Tuesday, October 17, 9-11 am

- **Flu Shot Clinic & Wellness Fair**

Tuesday, October 24, 9 am-1 pm

- **Partnering with Your Doctor—Alzheimer's Assn.**

Thursday, October 26, 9:30-11 am

- **League of Women Voters—Impartial Analysis of Voting Measures**

Friday, October 27, 10-11:30 am

- **Halloween Celebration**

Tuesday, October 31, 10 am-2:30 pm

DAILY ACTIVITIES

Monday - Friday

8 am-2 pm Café open
8 am-4:30 pm Table Games & TV
8:30 am Standup/Sit down Fitness
10 am-2 pm Gift & Thrift Shop open
8 am-4 pm Fitness Gym open
1 pm Pinochle

Monday—Saturday

12 pm Senior Lunch

Monday - Wednesday

5:30 pm Computer Class
7 pm Round Dance

Wednesday

9 am Knit & Crochet
9 am Financial Advising

Friday

10:30 am Social Dance Class
1 pm Latin Dance

City of Long Beach Department of Parks, Recreation & Marine Community Recreation Programs and Services



October 2006 Autumn in Long Beach

Long Beach Senior Center

The Place Where Fun Begins!

1150 E. 4th Street (at Orange Ave.)

Long Beach, CA 90802 (562) 570-3500



The staff at Long Beach Senior Center is committed to maintaining a safe productive environment for people 50 years of age and older who participate in senior programming.

| Theme | Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|--|--|--|---|
|  Elbow & Pumpkin Patches | 2 8 Wood Carving 10 Housing Issues 1 Strength Fitness 1 Adv. Beg. ESL 7 Courage to Change | 3 9 Fd Stamp Prog 10 Sr. Singles 11 Tai Chi 1 Sing Along 1 Arthritic Exerc. 1 Social Dance | 4 8 Brown Bag 8 Wood Carving 9 Variety Band 11 Yoga 12 Weaving 1 Strength Fitness | 5 9 Wire Wrap 9 Drwg & Ptg 9:30 HICAP 10 Beg. Tap 1 Tai Chi 2 Computer Lab | 6 9 Notary Public 9 Lapidary 11 Dupl. Bridge 1 Strength Fitness 1 Roadwise Review | 7 10 Int. Tap Dance 10:15 Gray Panthers 11 Bingo 1 Lapidary |
| | 9 8 Wood Carving 10 Housing Issues 1 Strength Fitness 1 Adv. Beg. ESL 7 Courage to Change | 10 9 Fd Stamp Prog 11 Tai Chi 1 Sing Along 1 Arthritic Exerc. 1 Social Dance 6:30 Woodcarvers | 11 8 Wood Carving 9 Variety Band 11 Yoga 12 Weaving 1 Strength Fitness 7:30 Lapidary | 12 9 Drwg & Ptg 9:30 HICAP 10 Beg. Tap 1 Tai Chi 2 Computer Lab | 13 9 Lapidary 11 Dupl. Bridge 1 Strength Fitness 1 Roadwise Review | 14 10 Int. Tap Dance 10 Council of Blind 11 Bingo 12 Round Dance Clinic 1 Lapidary |
|  Bountiful Harvests | 16 8 Wood Carving 10 Housing Issues 1 Strength Fitness 1 Adv. Beg. ESL 7 Courage to Change | 17 9 Fd Stamp Prog 10 Sr. Singles 11 Tai Chi 1 Sing Along 1 Arthritic Exerc. 1 Social Dance | 18 8 Brown Bag 8 Wood Carving 9 Variety Band 11 Yoga 12 Weaving 1 Strength Fitness | 19 9 Drwg & Ptg 9:30 HICAP 10 Beg. Tap 1 Tai Chi 2 Computer Lab | 20 9 Lapidary 11 Dupl. Bridge 1 Strength Fitness 1 Roadwise Review | 21 10 Int. Tap Dance 11 Bingo 1 Southeast Asian Taskforce 1 Lapidary |
| | 23 8 Wood Carving 10 Housing Issues 1 Strength Fitness 1 Adv. Beg. ESL 7 Courage to Change | 24 9 Fd Stamp Prog 11 Tai Chi 1 Sing Along 1 Arthritic Exerc. 1 Social Dance | 25 8 Wood Carving 9 Variety Band 11 Yoga 12 Weaving 1 Strength Fitness | 26 9 Drwg & Ptg 9:30 HICAP 10 Beg. Tap 1 Tai Chi 2 Computer Lab | 27 9 Lapidary 11 Dupl. Bridge 1 Strength Fitness 1 Roadwise Review | 28 9:30 OC Fd Bank 10 Int. Tap Dance 11 Bingo 1 Lapidary |
|  Tauntings & Hauntings | 30 8 Wood Carving 10 Housing Issues 1 Strength Fitness 1 Adv. Beg. ESL 7 Courage to Change | 31 9 Fd Stamp Prog 11 Tai Chi 1 Sing Along 1 Arthritic Exerc. 1 Social Dance | | | | |
| |  Spooky Spectacles | | |  | |  |